

**AMENDMENTS TO THE CLAIMS**

Claims 1-28 (cancelled).

Claim 29 (currently amended). A method of ~~eliminating~~ reducing an individual's nicotine usage habit, comprising the steps of:

(a) administering one unit of an alternative nicotine source after waking, waiting one hour, and then continuing an individual's normal tobacco usage pattern for a first predetermined period of time;

(b) administering one unit of an alternative nicotine source in each consecutive one hour time unit after waking, waiting one hour and then continuing the individual's normal tobacco usage pattern for a predetermined period of time to define a modified tobacco usage pattern;

(c) repeating step (b) until the desired modified tobacco usage pattern is using no tobacco;

(d) once the desired modified tobacco usage pattern is zero, commencing gradually decreasing the number of units of alternative nicotine source used by successively:

(i.) administering one unit of said alternative nicotine source every one to two hours for a second predetermined period of time;

(ii.) administering one unit of said alternative nicotine source every two to four hours for a third predetermined period of time;

(iii.) administering one unit of said alternative nicotine source every four to eight hours for a fourth predetermined period of time;

(iv.) ceasing to use said alternative nicotine source.

Claim 30 (previously presented). The method of claim 29, wherein said second predetermined period of time is substantially five weeks in length.

Claim 31 (previously presented). The method of claim 29, wherein said third predetermined period of time is substantially three weeks in length.

Claim 32 (previously presented). The method of claim 29, wherein said fourth predetermined period of time is substantially three weeks in length.

Claim 33 (previously presented). The method of claim 29, wherein said alternative nicotine source is absorbed through mucous membranes.

Claim 34 (previously presented). The method of claim 29, wherein said alternative nicotine source is selected from the group consisting of nicotine-containing gum, a nicotine-containing inhaler, a nicotine-containing lozenge, and nicotine nasal spray.

Claim 35 (previously presented). The method of claim 29, wherein said unit of alternative nicotine source is from about 2 mg to about 4 mg of nicotine.

Claim 36 (previously presented). The method of claim 29, wherein said alternative nicotine source is a unit of nicotine containing gum at a dosage of from about 2 milligrams to about 4 milligrams of nicotine.

Claim 37 (newly presented). A method of improving an individual's rate of success in the cessation of tobacco usage, comprising the steps of:

- (a) administering one unit of an alternative nicotine source after waking, waiting one hour, and then continuing an individual's normal tobacco usage pattern for a first predetermined period of time;

- (b) administering one unit of an alternative nicotine source in each consecutive one hour time unit after waking, waiting one hour and then continuing the individual's normal tobacco usage pattern for a predetermined period of time to define a modified tobacco usage pattern;

- (c) repeating step (b) until the desired modified tobacco usage pattern is using no tobacco;

- (d) once the desired modified tobacco usage pattern is zero, commencing gradually decreasing the number of units of alternative nicotine source used by successively:

- (i.) administering one unit of said alternative nicotine source every one to two hours for a second predetermined period of time;

- (ii.) administering one unit of said alternative nicotine source every two to four hours for a third predetermined period of time;

- (iii.) administering one unit of said alternative nicotine source every four to eight hours for a fourth predetermined period of time;

(iv.) ceasing to use said alternative nicotine source.

Claim 38 (newly presented). The method of claim 37, wherein said second predetermined period of time is substantially five weeks in length.

Claim 39 (newly presented). The method of claim 37, wherein said third predetermined period of time is substantially three weeks in length.

Claim 40 (newly presented). The method of claim 37, wherein said fourth predetermined period of time is substantially three weeks in length.

Claim 41 (newly presented). The method of claim 37, wherein said alternative nicotine source is absorbed through mucous membranes.

Claim 42 (newly presented). The method of claim 37, wherein said alternative nicotine source is selected from the group consisting of nicotine-containing gum, a nicotine-containing inhaler, a nicotine-containing lozenge, and nicotine nasal spray.

Claim 43 (newly presented). The method of claim 37, wherein said unit of alternative nicotine source is from about 2 mg to about 4 mg of nicotine.

Claim 44 (newly presented). The method of claim 37, wherein said alternative nicotine source is a unit of nicotine containing gum at a dosage of from about 2 milligrams to about 4 milligrams of nicotine.